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FIGHTING BACK WITH MARTIAL ARTS

LOCAL PROGRAM FIGHTS AGAINST RACISM BY TEACHING INDIVIDUALS IN THE ASIAN AMERICAN COMMUNITY MARTIAL ARTS. FOUNDER DANIEL CHEN SAYS, "MARTIAL ARTS IS AN AMAZING WAY TO TEACH INDIVIDUALS LIFE SKILLS SUCH AS COMMUNICATION, POSITIVE THINKING, AND LEADERSHIP SKILLS"

BY ALLISON SMITH

Since 1988, Martial Arts Against Hatred has helped hundreds of kids in the Asian American Community of Los Angeles develop confidence and leadership skills.

Martial Arts Against Hatred (MAAH) was founded by Daniel Chen. His goal when establishing the school was to provide children in the Asian community with the confidence in their lives that he lacked growing up.

"Martial Arts have played a very important role in my life. it allowed me to connect to my Asian culture that I had to leave behind when I moved to the U.S. at the age of 6. I found comfort in Martial Arts and was fascinated and still am fascinated with Bruce Lee" Chen said. "Bruce Lee and the work that he did for the Asian American community really inspired me to give back to the Asian community here in L.A."

Chen's philanthropic work has been recognized by the Asian American Association (AAA) and his methods of teaching have been adapted throughout different Asian communities worldwide. He now has over 15 schools country-wide that have adapted his program.

Students learning martial arts at local Martial Arts Against Hatred

"Being apart of this program gave me confidence to succeed in other parts of my life" alumni Justin Lee said. "I was never really taught how to stand up for myself and the skills that I have learned here really allowed me to grow and I am so grateful."

Chen says he hopes that the alumni of his programs come out with the courage to pursue their passions and live their lives to the fullest. "The students here have gone through so much in their lives at such a young age" Chen said. "I hope they have the courage to share their own stories as they grow."